



PLEASANT VIEW SCHOOL
1888 N. BARTELT RD
MEMPHIS, TN 38134

Pleasantviewer

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From the Principal's Desk:

By: Wesam Salem

I would like to give you a quick update on recent and upcoming events at PVS.

- First, I would like to extend a warm welcome to the newest member of the PVS family: The Shalakhitis, The Tuffahas, The Khayattas, The Mansours. We are so excited to have you at our school. Thank you for choosing Pleasant View School for your child's education.
- Our young and inquisitive scientists submitted exceptional projects for this year's science fair. Many thanks to our coordinators Ms. Rafia Khatun and Ms. Chandra Smith for organizing the fair. I also thank all the judges who were instrumental in making this event successful. Most importantly, to our dedicated parents, *Jazakum Allahu Khairan!*
- Pleasant View School has partnered with Memphis in May coordinators to integrate Tunisian culture into school curriculum. Tasha Muhaimin and Ms. Rubina Noor have been selected to present a lesson plan during the International Teachers Conference Saturday, February 20, 2010 at the Teaching and Learning Academy. Congratulations!
- The Lady Panthers Volleyball team kicked off the season Saturday, February 20, 2010. They competed against other middle school teams in the Memphis Metro Volleyball Tournament. They won 5 out of 9 games. Go Panthers!
- Ms. Razia Khan, Ms. Rafia Khatun, and Ms. Chandra Smith have started a Career Education Lecture Series for middle school students. Speakers of diverse professions will discuss their career requirements and challenges. We hope this lecture series will provide greater insight into the unlimited opportunities that await our students following high school graduation.
- Lastly, I would like to extend a warm welcome to our new First Grade Teacher, Ms. Barbara Dawson who joined Pleasant View School at the beginning of the month. Welcome to PVS!

Medical Corner: Health Effects of Cigarette Smoking . By: Ghalib Mannan, M.D.

The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly 1 of every 5 deaths, each year in the United States. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined. Smoking causes 90% of all lung cancer deaths in men, 80% of all lung cancer deaths in women and

90% of deaths from chronic bronchitis and emphysema.

Smoking and Increased Health

Risks - Compared with nonsmokers, smoking increases the risk of coronary heart disease by 2 to 4 times, stroke by 2 to 4 times, men developing lung cancer by 23 times, women developing lung cancer by 13 times, dying from chronic bronchitis and emphysema by 12 to 13 times. Cigarette smoking also causes reduced circulation by narrowing the blood

vessels (arteries) and puts smokers at risk for developing peripheral vascular disease (i.e., obstruction of the large arteries in the arms and legs that can cause a range of problems from pain to tissue loss or gangrene). Smoking causes abdominal aortic aneurysm (i.e. massive dilatation of the main artery of the body—the aorta—where it runs through the abdomen). Smoking also causes the following cancers:

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PVS Close Up:



Meet Ms. Lindsey Berry

By: Zakariyah Hussain & Naisha Chowdhury

- Q. Where are you from?
- A. I am from Nashville, Tennessee.
- Q. What College did you go to and what did you study?

- A. I went to the University of Mississippi, and I majored in Elementary Education.
- Q. Why did you become a teacher?
- A. I became a teacher because I love to watch children learn. I enjoy thinking of different ways to present information to my class
- Q. What is your favorite part of teaching at PVS?
- A. My kindergarten class. They are amazing; they make me laugh and smile every day.
- Q. What is your favorite subject?
- A. My favorite subject is English. I

- really enjoy reading.
- Q. What is your favorite color?
- A. Pink , of course.
- Q. What is your favorite book?
- A. My favorite book is "If You Give a Pig a Pancake? By Laura Numeroff
- Q. What do you like to do when you are not working?
- A. I like to spend time with my family and friends and take my dog Henry on walks. I also, love to plan fun lessons for my class.
- Q. What is your favorite Sport?
- A. Football, Go Titans!

Haiti's Fundraiser Drive By: Fathima Darboe

Pleasant View School's SGA organized a Fundraiser Drive for earthquake victims in Haiti January 27-29. The SGA officers coordinated students' efforts for this collective act of kindness for the suffering Haitians.

Through donations, a uniform-free day, and sold ice cream cones salem, alhamdulillah, students raised \$700.00 which has been sent to Haiti through the Islamic Relief Foundation.

The SGA members sincerely thank all our parents and students who participated in this drive. May Allah bless you all.



Are you Ready for Soccer

Pleasant View School 2010 Spring Soccer season started Monday February 22nd for boys and girls ages 4 -15 years old. The registration form and schedule of practice and games will be posted on the school's website sports section.

Registration fee is \$100.00 per student and the last day for registration is March 22, 2010.

During the 2009 Fall Season PVS U8 Boys went undefeated. Congratulations to the U12 boys who won the Bartlett Soccer League championship...GO PANTHERS!!!

Be a winner, join the best, join PVS Panthers.



Young Poets & Writers

DeArbri
By: DeArbri A. Wakil, Grade 7

My name is DeArbri and I'm in Memphis Tennessee.
I have haters, and do you hate me?
I like Illinois, there I want to make my noise.
I play basketball, I'm like cp3. I shoot two pointers and also shoot the three.
I have the mid-range game just like Kobe.
I have the killer instinct that nobody can stop me.
See I play basketball, I really don't fall and 619 is my crossover call. I'm dangerous with this ball.
I cross you over and make you fall.
The game is over I put up 42, nobody can stop me, that's why I never lose

Dr. Martin Luther King
By: Ahmad Abutineh, Grade 2

Growing up for African Americans was not easy, so when Martin Luther grew up he made a speech. His speech was to give equal the rights for all people. To this day we have a holiday about his speech and the holiday is in January.

Dr. Martin Luther King
By: Samar Hussain

Dr. Martin Luther King Jr. wanted everyone to have the same rights. He wanted both black and white and black people to come together. He gave a speech about civil rights and his dream.

Self Discipline
By: Fifth Grade
Samir, Ammad, Omar S. & Yasin

Self-discipline s
knowing where every thing is
Not losing your things

Self-Discipline is
To control anger when mad
And not to be sad

Self-discipline is
Be organized and ready
And responsible

Self-discipline is this
Not always having your way
Even if you want it

Self-discipline is this
Controlling your emotions
Not hitting , hurting

Islamic & Scholastic Book Fairs

March is National Reading Month!!!!

Pleasant View School PTO will host an **Islamic Book Fair** from March 1 to March 5. The Fair will feature a vast selection of Islamic & Arabic Books, Posters, CD's, and DVD's for children and young readers. In addition, it will have a complete section of Islamic and Arabic books for adults.

The **Scholastic Book Fair** is scheduled on March 8 to 12. The fair will display a large variety of children's books as well as journals, flashcards, how-to kits and school supplies, etc. Book fairs are a great way of putting high quality books into children's hands at discounted prices. We highly encourage parents to visit the book fairs to inspire their children to connect with books and to instill a love of reading. Always remember Allah's (SWT) first message to Prophet Mohammad *Peace be upon him* was to READ and to seek knowledge at all times.



PTO Lunch with Parents


The long awaited, twice cancelled PTO Parent-Student Lunch is rescheduled for Monday March 1st, weather permits. The Lunch will take place in the school gymnasium. Lunch periods are:

11:00am-12:00pm for Child Care Center thru Second grade
12:00pm-1:00pm for Third to Eighth grades.

Please support the PTO and bring a dish of your choice.



PTO Parents Workshop Series



Please Join
Pleasant View School PTO
For
"Recognizing Disturbing Behavior in our Children"
Workshop
Friday, March 5, 2010
11:00am - 12:30pm (before Juma'h Prayer)
At the school Gymnasium
Speaker: Mr. Taft Bradley, Shelby County Corrections

Refreshments will be served

Test Your Knowledge-Answers

Answers for test your knowledge on page 4:

1. Tahirah
2. Khadijah
3. Sawdah bint Zam'ah
4. Zainab bint Jahsh
5. Aishah
6. Sawdah
7. Zainab bint Khuzaimah
8. Juwairiyah
9. Safiyah

Medical Corner-

Acute myeloid leukemia, bladder, cervix, pancreatic, kidney, oral cavity (mouth), stomach, uterus, esophagus and throat cancer. A pregnant smoker is at higher risk of having her baby born too early and with an abnormally low weight. A woman who smokes during or after pregnancy increases her infant's risk of death from Sudden Infant Death Syndrome (SIDS).

What are the long-term benefits of quitting smoking? Quitting smoking reduces the risk of cancer and other diseases, such as heart disease and lung disease, caused by smoking. People who quit smoking, are less likely than those who continue to smoke to die from smoking-related illness. Studies have shown that quitting at about age 30

reduces the chance of dying from smoking-related diseases by more than 90 percent. People who quit at about age 50 reduce their risk of dying prematurely by 50 percent compared with those who continue to smoke.

Ways to quit smoking – First there needs to be a desire by the person to quit smoking. After that there are many ways to help him or her to do so such as using nicotine substitutes (nicotine patch, gum, nasal spray, lozenges, inhaler), medicines that help reduce the cravings and withdrawal symptoms (Chantix, Zyban), setting target dates e.g. set a target date by marking a date on the calendar and gradually reduce the num-

Continued from Page 1

ber of cigarettes by 1 or 2 cigarettes every week until total stoppage is achieved by the target date. For more information about quitting smoking, please visit (<http://www.smokefree.gov>), *Clearing the Air: Quit Smoking Today*, for smokers interested in quitting.



Normal Lung



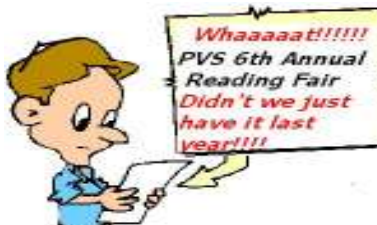
Lung Cancer

Test your Knowledge!!!! Choice of: Faten Hassouneh

1. What was the surname of Khadijah (RA) before Prophet's mission?
2. What was the name of the Mother of believers in whose lifetime Prophet Muhammad (SAW) did not marry others?
3. Who was the second wife of the Prophet (SAW) ?
4. What was the name of the Mother of believers whose marriage with the Prophet (SAW) was decided by Allah?
5. What was the name of the Mother of believers who had been brought up and educated in real Muslim family?
6. What was the name of the Mother of believers whose age was equal to the Prophet's age at the time of marriage?
7. What was the name of the Mother of believers whose nickname was " Umm ul-Masakeen"?
8. What was the name of the Mother of believers whose father had embraced Islam after she embraced Islam?
9. What was the name of the Mother of believers who had presented the Prophet's (SAW) daughter Fatimah (RA) her earrings on her first meeting with Fatimah (RA)?

Answers on page 3

Pleasant View School



Reading Fair Guidelines will be posted on the school's website on March 5th. For more information, please contact Ms. Rubina Noor and/or Ms. Karen Cushing.

Calendar of Events

February 22
Abbreviated Day & Parent-Teacher Conferences

March 15-19
Spring Break

March 31- April 2
Annual Reading Fair

April 5 -9
TCAP Achievement Test

April 7
Coffee With the Principal

PTO Calendar of Events

March 1
PTO Parent-Student Lunch

March 5
"Recognizing Disturbing Behavior in our Children" Workshop

March 1 - 5
Islamic Book Fair

March 8-12
Scholastic Book Fair

April 7
Potluck Breakfast

The Pleasantviewer

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School Phunnies



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